

Anniesha Camillaeh Lyngdoh

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Education

- **Doctor of Philosophy (PhD) in Counselor Education & Supervision**,
Ohio University, Athens, Ohio.
(August 16, 2025)

Dissertation title- Exploring the Moderating Role of Self Compassion in the Relationship between Adverse Childhood Experiences and Problematic Alcohol and Cannabis Use Among University Students

- **Masters of Philosophy (MPhil) in Clinical Psychology** (2019)
Regional Institute of Medical Sciences (RIMS) Imphal, India
- **Masters of Science (MSc) in Applied Psychology** (2017)
Pondicherry University, Pondicherry, India
- **Bachelors Degree of Arts (BA), Psychology** (2014)
Sophia College for Women, Mumba, India

Teaching Experience

Assistant Professor Track (September 1st, 2025-) East Texas A&M University

- Teaching CACREP courses in clinical mental health counseling

Teaching Assistant (Spring Semester, January 2023) Ohio University, Athens Ohio

- Co-taught Personality Assessment class for Masters' students
- Class preparation and co-facilitated discussions
- Guiding students with the different psychological assessments

Teaching Assistant (Fall Semester, August 2022) Ohio University, Athens Ohio

- Co-taught Legal and Ethical Issues class for Masters' students
- Class preparation and co-facilitated case studies, discussions

Teaching Assistant (Summer Semester, May 2022) Ohio University, Athens Ohio

- Co-taught Counseling Internship class for Masters' students
- Co-Facilitating class discussions and presentations
- Reviewing and grading weekly assessments (journals, weekly logs)

Course Instructor (Spring Semester, January 2022) Ohio University, Athens Ohio

- Taught an online/asynchronous undergraduate stress management course

- Refine course syllabus
- Develop class assignments
- Grading weekly assignments

Assistant Professor, Dept. of Psychology: Martin Luther Christian University, Shillong, India (August 2019 to July 2021)

- Taught Bachelors and Masters courses on psychopathology, therapies in psychopathology developmental psychology, child psychology, psychological assessments, internship.
- Implemented strategic lesson planning to increase class productivity
- Coordinated with colleagues in continuous reviewing of curriculum development
- Assisted students with internship and research activities.
- Facilitated online classrooms via platforms like zoom, google classroom
- Evaluated and graded students' classwork and assignments to assess course success and student understanding of materials
- Member of the National Assessment and Accreditation Council (NAAC) committee representing the Department and reporting its overall functioning.

Clinical/Counseling Experience

Graduate Assistant Clinical Counselor (Fall '23 & Spring '24) Counseling & Psychological Services (CPS), Ohio University

- Diagnosis and treatment of mental and emotional disorders
- Delivered culturally sensitive and personalized counseling services

Counselor Trainee (Spring & Summer Semester, 2023): Hopewell Health Centers, Athens Ohio

- Diagnosis and treatment of mental and emotional disorders
- Individual & Group Counseling

Counselor Trainee (Spring Semester, 2022): Counseling & Psychological Services (CPS), Ohio University

- Diagnosis and treatment of mental and emotional disorders
- Individual Counseling

Neuropsychology Trainee (Nov 2018- Feb 2019): National Institute of Mental Health & Neuroscience (NIMHANS) Bangalore , India

- Administered neuropsychological assessment such as the NIMHANS Neuropsychology Battery for patients with neurological conditions and the NIMHANS. Neuropsychological battery for the elderly
- Administered intelligence assessments which included the WISC-IV (Wechsler Intelligence Scale for Children-fourth edition), Vineland Social Maturity Scale (VMS) and BKT (Binet Kamat Test of Intelligence)
- Conducted cognitive retraining for patient with traumatic brain injury. Tools included finger dexterity test, letter cancellation, grain sorting and Minnesota Manual Dexterity Test

Clinical Psychologist Trainee (July 2017 to June 2019): Regional Institute of Medical Sciences (RIMS) Imphal, India

- Conducted daily assessments and psychotherapy sessions for clients diagnosed with a range of mental health disorders.
- Received hands-on training in administering and interpreting psychological tools under the supervision of clinical psychologists
- Collaborated with mental health professionals to develop accurate diagnoses and comprehensive treatment plans for individuals with mental health disorders.
- Participated in weekly case discussion seminars.

Clinical Intern (Dec 2016 to January 2017): Jawaharlal Institute of Postgraduate Medical Education and Research, JIPMER

- Performed comprehensive case history intakes for clients
- Shadowed Senior and Junior resident psychiatrists in the outpatient department during appointments.

Psychology Intern (November 2013): SAN-KER (Mental Hospital and Rehabilitation Center) Shillong, India

- Performed comprehensive case history intakes for clients
- Collaborated with counselors in co-facilitating psycho-education sessions for clients

Supervision Experience:

- **Doctoral Supervisor for master's level school group counseling online program (Summer, 2024) Ohio University**
 - Facilitated group sessions
 - Weekly group supervision
 - Provided feedback at the end of group sessions
 - Graded end of term assignment
- **Doctoral Supervisor for master's level group counseling class (Spring, 2022) Ohio University**
 - Co-facilitated sessions
 - Weekly group supervision
 - Provide weekly individual feedback
- **Doctoral Supervisor for master's level counseling techniques class (Fall, 2021) Ohio University**
 - Weekly group supervision
 - Provide weekly individual feedback

Leadership Experience:

- Secretary, Ohio Association for Resiliency and Trauma Counseling (OARTC) 2024- 2025
- Co-chair, resource development committee of Ohio Association for Resiliency and Trauma Counseling (OARTC) 2023-2024
- Secretary of South East Ohio Counseling Association (SEOCA) 2022- 2023
- Completed the OCA Certificate Leadership Program. Summer 2023

Research Publication & Experience:

Bhat, C. S., **Lyngdoh, A. C.**, Stevens, M. M., & Prasath, P. R. (2025). Strengthening professional counselor identity using the ACA advocacy competencies as a framework. *Journal of Counselor Leadership and Advocacy*, 1-13. <https://doi.org/10.1080/2326716X.2025.2450048>

Menon, G. R., Yadav, J., Aggarwal, S., Singh, R., Kaur, S., Chakma, T., Periyasamy, M., Venkateswaran, C., Singh, P. K., Balachandar, R., Kulkarni, R., Grover, A., Mishra, B. K., Viray, M., Devi, K. R., Singh, K. H., Saha, K. B., Barde, P. V., **Lyngdoh, A.**,.....Panda, M. (2022). Psychological distress and burnout among healthcare worker during COVID-19 pandemic in India—A cross-sectional study. *PLOS ONE*, 17(3). <https://doi.org/10.1371/journal.pone.0264956>

Surong, R., & **Lyngdoh, A.** (2020). A study on the causes of juvenile delinquency and its prevention by the community. *International Journal of Indian Psychology*, 8(4), 1266-1278. <https://ijip.in/articles/a-study-on-the-causes-of-juvenile-delinquency-and-its-prevention-by-the-community/>

Research Associate on a national project conducted by the Indian Council of Medical Research (ICMR)-
Mental Health and Social Stigma among healthcare personnel involved in the management of COVID-19 patients in India (15th September - 15th November 2020).

Research member of a regional study (2020)- *Monitoring of the implementation of POCSO Act, 2012 in East Khasi Hills District*. Shillong, India.

Grants

- Funded \$500 research grant by North Central ACES (NCACES) for the study: *Exploring the Development of Professional Counselor Identity among International Students*

Awards

- North Central ACES (NCACES) Emerging Leader (2024-2025)
- Outstanding Second Year Doctoral Student, CSI, Ohio University (2023)

Conference Presentations

- **Lyngdoh, A.**, & Chamberlain, K. (2024, October 29). *Capturing resilience: Exploring photovoice as a narrative therapeutic intervention*. [Educational session]. All Ohio Counselor Conference (AOCC), Columbus, Ohio, United States.
- **Lyngdoh, A.**, & Pillay, Y. (2024, October 17). *Incorporating the integration of the integrative developmental model (IDM) and narrative therapy supervision to promote supervisees'*

multicultural and social justice competency. [Educational session]. North Central ACES (NCACES) Conference. Illinois, Chicago, United States.

- **Lyngdoh, A.** (2024, May 13). *Culturally responsive counseling for international students: A narrative approach*. [Educational session]. Ohio College Counseling Association Virtual Conference (OCCA). Ohio. United States.
- Syiemlieh, P., & **Lyngdoh, A.** (2024, March 15). *Transforming trauma from a khasi lens using narrative and art therapy: A multicultural perspective*. [Educational session]. Southeast Ohio Counseling Association (SEOCA) Mini Conference. Athens, Ohio. United States.
- **Lyngdoh, A.**, & Pillay, Y. (2023, April 21). *Integrating the reflective model of triadic supervision and the multicultural orientation framework in multicultural supervision*. [Educational session]. Ohio Counseling Association (OCA) 2023 Virtual Spring Conference. Ohio. United states.
- **Lyngdoh, A.** (2022, March 23). *Cultivating cultural humility and broaching in multicultural supervision*. [Educational session]. Ohio University Chi Sigma Iota (CSI) Spring Virtual Conference. Ohio University. Athens, Ohio. United States.

Licensure

- Registered as a clinical psychologist under the Rehabilitation Council of India (RCI) bearing registration number (RCI NO. A67253)
- In preparation for the NCE exam

Media

- Appeared on Doodarshan Kendra Shillong (Regional Television Channel in India, 2022) and presented a talk on World Suicide Prevention Day.
<https://www.youtube.com/watch?v=HEm1NmVXuBQ&t=647s>
- **Lyngdoh, A.**, & Diengdoh, J. (2020, August 6). Being mindful of mental health during covid 19. *The Shillong Times*. <https://theshillongtimes.com/2020/08/06/367992/>
- Viray, M., **Lyngdoh, A.**, Diengdoh, J., & Syiemlieh, P. (2020, December 31). Mental health and social stigma: A tribute to healthcare personnel involved in the care of COVID-19 patients. *The Shillong Times*. <https://theshillongtimes.com/2020/12/31/mental-health-and-social-stigma/>

Professional Association

- Member of American Counseling Association (ACA) 2022- present
- Member of Ohio Counseling Association (OCA) 2022- present
- Member of Association for Counselor Education and Supervision (ACES) 2023- present
- Volunteered to provide telecommunication Mental Health Services under the Rehabilitation Council Of India (RCI) Covid-19 Helpline. 2020

- Volunteered counsellors enlisted by the Government of Meghalaya, East Khasi Hills District during the Covid 19 pandemic for Psychosocial Care

2020

